



Holy Island Coach Trip

Over 90 members joined us for a fantastic day out to the Holy Island of Lindisfarne, travelling in two full coaches. We arrived just as the tide allowed, with dry weather and dramatic skies setting the scene.

There was plenty of time to explore the priory, take a walk to the castle, browse the shops, enjoy a cuppa or simply take in the peace and beauty of the island.

Stepping Into Murieston and Beyond

We have launched a new chair yoga group in Murieston, kicking off our expansion into areas that haven't had the same access to our vibrant community and activities.

From rural villages to new estates, we aim to make sure every over-50 in West Lothian has a place in the Network.

The Murieston group's already buzzing, bringing local people together for friendship, wellbeing, and purpose. It's a small start, but it signals something big: a Network that reaches all of West Lothian's over-50s.



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People's Postcode Lottery Funding Award

Our big news this month is that the Network has received a substantial funding award from the People's Postcode Trust, made possible thanks to the support of players of People's Postcode Lottery.

The funding goes a long way to helping us continue to do what we do best, helping older people across West Lothian stay connected, active and supported.

It gives us the breathing space to grow the work we're already doing, especially around creating more opportunities for people to get together, meet new faces, and enjoy the benefits of being part of a welcoming community.

We've been listening closely to what our members are telling us. Thanks to this support, we'll be able to respond in ways that matter, reaching more people who might be feeling isolated, strengthening what we offer at the Hub, and making it even easier for over-50s across West Lothian to get involved.

We're incredibly grateful to the players of People's Postcode Lottery for backing this work. Your support is making a real difference to people's lives here in West Lothian.



Fighting Napoleon to the Scottish Military Academy

We were delighted to welcome author Rosslyn Macphail to the June members' meeting. She shared the remarkable story behind her new book, *From Fighting Napoleon to the Scottish Military Academy*, inspired by her great-great-grandfather Captain John Orr's campaign diaries and memorabilia.



Author Rosslyn Macphail



Upcoming Trips and Holidays

Kailzie Gardens & Peebles – Sat 26 July 2025

Enjoy a scenic drive to Kailzie Gardens in the Borders, 20 acres of peaceful gardens, woodlands, and burnside walks. Then spend 3 hours in the lovely town of Peebles — browse independent shops and cafés or take a riverside stroll through Hay Lodge Park. £27.50 per person (includes garden entry)

Booking opens: Wed 2 July

Mount Stuart & Rothesay, Isle of Bute – Sat 30 Aug 2025

Take the ferry to Rothesay for a relaxing day on the Isle of Bute. Explore the seafront, Discovery Centre, and castle — or upgrade to visit Mount Stuart, a grand mansion set in 300 acres of gardens. £30 Rothesay only / £42 with Mount Stuart entry

Booking opens: Wed 30 July

North Wales Holiday – 15–19 Sept 2025

Stay in Llandudno and enjoy visits to Caernarfon, Conwy, Portmeirion, and Betws-y-Coed.

Includes trips on the Welsh Highland, Snowdon Mountain and Ffestiniog railways.

£525 per person | £30 deposit

Singles now fully booked, limited twins/doubles left

Twixmas in Harrogate – 27–30 Dec 2025

3-night break at the Cairn Hotel with trips to York and Knaresborough, plus stops in Richmond and Barnard Castle. Evening entertainment, fizz on arrival, and no single supplement for the first 5 rooms (to be allocated by ballot).

£299 per person | £40 deposit

Sole occupancy of double: +£60

Full balance by 15 Nov

Booking opens: Wed 2 July

For more information on any upcoming trips and events please contact the Hub team on 01506 635510 between 10am-2pm Monday-Friday.

Lorna's Supper Club

Members of Lorna's Supper Club enjoyed a meal together at ILLume Bistro, Bathgate's newest restaurant. The group meet on the third Thursday of the month, experiencing different restaurants across West Lothian.



Silent Auction

Bring along your friends and family (over 18s only please) for a fun night at our fundraising Silent Auction.

We have a wide variety of items for you to bid for thanks to generous donations from our members and the wider community.

Get ready for a fun-filled evening of bidding, bargains, and a great community buzz – all for a fantastic cause! Friday 9th August from 7-9pm at St Mary's church hall, Bathgate. Cash bar operated by the church team.

Tickets £3 on sale now. Tea/coffee included.

On sale from 2nd June via Eventbrite and the Hub.



Thank You

A big thank you for renewing your membership for 2025/26. And if you've just joined, welcome aboard. Your support means the world and helps us grow and reach more older people across West Lothian.

With over 70 groups, trips, events, and our busy Hub in Bathgate, we're here to keep people connected, active and involved. Every membership supports new outreach, tackles loneliness and promotes wellbeing in later life.

As a member, you'll enjoy a wide range of activities, day trips, social events and regular updates all within a friendly, welcoming community.

We're proud to be a member-led charity building something special.

Activity Groups Update

Guitar for Beginners Group – Bathgate

Where: The Hub, Bathgate

Starts: Monday 30th June

When: Mondays, 7–8pm

Perfect for beginners or those looking to pick the guitar back up again.

Chair Yoga – Murieston

Where: Murieston Village Hall

Starts: Wednesday 25th June

When: Wednesdays, 1–2pm

Cost: £5 per session to begin with (block bookings coming later)

Craft Group – Bathgate (Relaunch)

Where: Jim Walker Partnership Centre

Starts: Tuesday 29th July

When: Tuesdays, 1:45–3:45pm

Back by popular demand, bring your creativity and enjoy good company.



Members of our Happy Wanderers Walking Group

Men's Social Group – New Livingston group

Where: Saltire Pub/Restaurant

Start date: To be confirmed

Proposed Day/Time: Tuesdays, 11am–1pm

A chance for a blether and good company, watch this space!



If you are interested in joining any of these groups, please get in touch with the Hub to note your interest.



Members of our Friday Yoga Group

Community Engagement



We're proud to be a voice for older people in West Lothian. Most recently, we've backed the campaign to keep the café at Rosemount Gardens open. It's far more than just a place to grab a bite. For many, it's a vital social hub that supports wellbeing and tackles isolation. Our members and activity groups use it regularly, and the impact of closure would be deeply felt. That's why our Board, members and Charity Manager spoke out at a recent public meeting, highlighting just how important this space is, not just for us but for the residents of Rosemount too.

We were also pleased to welcome Councillors Pauline Stafford, Veronica Smith, and Pauline Orr to our Bathgate Hub. They got a real sense of the work we're doing to reduce isolation, encourage active ageing, and bring people together in their own wards.

And finally, our Charity Manager met with the CEO of Carers of West Lothian to explore ways we can work together.

Volunteer Spotlight



You may already have seen or heard about Carolann's amazing efforts during the Network's Fundraising Week and for good reason!

Whether she's raising funds with creative activities like a sponsored silence, tackling the challenge of sorting and pairing a mountain of donated knitting needles, or simply brightening everyone's day with her warm smile and infectious positivity, Carolann brings energy and heart to everything she does.

We're so grateful to have her as part of our community. With Carolann, you're always in great company.

Upcoming Meeting Dates

Members Coffee Drop In

On Saturday 19th July, there will be a drop in coffee opportunity, at the Hub from 10.30-12.30pm. This is in place of the usual monthly members' meeting

Annual General Meeting

Second reminder that our AGM will be on 16 August 2025, 10.30am at St Mary's church hall in Bathgate. More information, including how you can apply to join the Board of the West Lothian 50+ Network (SCIO) will be circulated in due course.

New Members Get Together

Thursday 21st August 12:15 at the Hub, Bathgate.

Member Support Team Update

Our first Cuppa & Catch-Up with the staff at The Hub brought together a brilliant mix of members, some brand new, some long-time regulars, and a few who've only just started getting involved after signing up a while back. A fair few left with plans to join walking groups, crafts, day trips and more. Great buzz, good blether, and plenty of ideas shared with the team.

We've now got a suggestion box in The Hub, alongside the usual ways to get in touch, phone, email, or just pop in. Feedback from members is already helping shape what's coming next.

Elsewhere, we've been looking at how AI can support the work we're doing across the Network, with Charity Manager recently attending a course on the subject. Some promising ideas in the pipeline to help us work smarter and reach more people.

We're delighted to have 5 additional first aiders qualified this month through the Network, thanks to places sponsored by Vital Signs Scotland, bringing the total now to 40.

Jen and Debbie also completed Naloxone training through West Lothian Drug and Alcohol Service. Naloxone reverses opioid overdoses and could make a real difference if ever it's needed in the precinct. It's one more way we're equipping the team to support the wider community.



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